

PERSONALISED TRAINING PLAN QUESTIONAIRE

*Please be as detailed as possible and expand questionnaire where appropriate.*

Name:

Email (To send the plan too):

Height:

Weight:

Age:

How many days are you willing to exercise?

How long can you spend per workout?

Do you have a preferred training split? (E.g. Monday, Wednesday, Friday. Or weekends off etc.)

 On a scale of 1-10, where do you think your fitness level is currently at?

Where will you workout? Gym, Home, Outdoors, mixture?

What equipment is available to you? (E.g. home dumbbells, cardio machines, kettlebells, swimming pool, extra classes etc.)

What are your goals? (Be as specific as possible and list in priority order)

What is your current fitness regime? (Be as specific as possible here including times, reps, sets etc.)

Have you got any injuries or health related problems? If so please be detailed and specific!